



HARTMANN DIRECT HEALTH FACTSHEET 1

ABOUT INCONTINENCE

So... you have a bladder or bowel problem resulting in leakage?

Incontinence (or leakage) from the bladder or bowel is not uncommon. If you are experiencing such leakage you are not alone, but because of the embarrassing nature of the symptoms, sufferers tend to keep this problem to themselves. Do you know that the best information available at present suggests that the number of people affected by urinary incontinence living at home is as follows:

- between 1 in 20 and 1 in 14 women aged 15 - 44 years
- between 1 in 13 and 1 in 7 women aged 45 - 64 years
- between 1 in 10 and 1 in 5 women aged 65 years and over
- over 1 in 33 men aged 15 - 64 years
- between 1 in 14 and 1 in 10 men aged 65 years and over

In residential and nursing homes the prevalence is even higher.
(Source: Good practice in Continence Services, Department of Health, 2000)

Who can help?

There is always a reason for leakage from the bladder or bowel. Once the cause is identified and treatment started, the sooner the problem will be under control. Firstly, you should seek advice from any of the following professionals:

- Your Doctor
- Your Practice Nurse
- The District Nurse
- The Health Visitor

You may be sent to see another specialist for further advice such as:

- A Urologist
- A Gynaecologist or a Uro-Gynaecologist
- A Physiotherapist
- Your local Continence Service
- Other Specialist

THE IMPORTANT ADVICE IS DO SEEK PROFESSIONAL HELP FOR YOUR PROBLEM.

THE SOONER YOU SEEK HELP, THE SOONER THE PROBLEM CAN BE TREATED.